

# Fa'atino nei loa – Tete'e atu i Fa'ama'i le Pipisi

*Sau ete  
'auai ma a'u*



## **O lenei pepa o loo fa'amatala mai ai fa'ama'i le pipisi, ma auala ete faia e fo'ia ai lou ono maua i nei fa'ama'i.**

O le Ethnic Communities Council of Queensland (ECCQ), o se fa'alapotopotoga tuma'oti o loo galue ma fesoasoani i mana'oga o tagata mai atunuu eseese (Culturally and Linguistically Diverse Communities) i Kuiniselani. O le ECCQ Chronic Disease Program, o loo saunia fa'amatalaga, a'oa'oga, ma lagolago ile fo'ia ma le pulea o fa'ama'i le pipisi, e ala lea ile feiloa'i ma talanoa ile mamalu o le atunuu poo luga fo'i o le telefoni.

Fa'afetai fa'apitoa mo Dr Simon Chen mai le Eight Mile Plains Doctors Clinic, ma Dr Reggie Bape mai le Brown Plains Family Practice, mo le fesoasoani mai i lenei pepa.

A mana'omia nisi fa'amatalaga, fa'afeso'ota'i mai le telefoni  
**07 3844 9166** po'o le **[www.eccq.com.au](http://www.eccq.com.au)**



Ethnic Communities  
Council of Queensland

## O a fa'ama'i le pipisi?

O fa'ama'i le pipisi, poo fa'ama'i ua ta'ua o ma'i tumau, e masani ona umi se taimi o maua ai. E amata malie ma faasolo lemū. O fa'ama'i le pipisi e tele ona mafua'aga eseese, e aofia ai itu nei:



- E fa'asolo ile toto (genetic), se fa'ata'ita'iga, o tagata e iai se tala faasolo ole ma'i suka i lona aiga, o leā telē lona ono maua ile ma'i suka.



- O le ituaiga olaga (lifestyle) o loo ola ai (ulaula tapa'a, leai se fa'amalosi tino, taumafa le maloloina, atuatuvaale, ma isi),



- A'afiaga mai le si'osi'omaga (le mamā le 'ea, a'afia i vaila'au o'ona e lamatia ai le tino, ma isi),

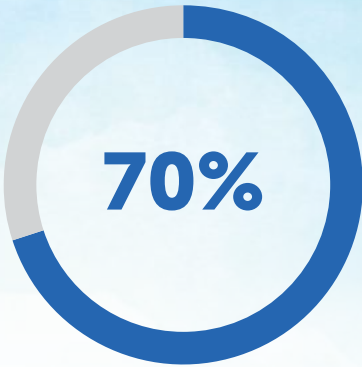


- ma tulaga maloloina ole tino (fua ole toto, ole ga'o i totonu ole toto, fua ole suka, puipuiga ole tino, ma isi).

O ituaiga fa'ama'i le pipisi tāua, e iai fa'ama'i o fatu ma alatoto (e pei ole fatu oso ma le stroke), kanesa, fa'ama'i ole māmā (e iai le chronic obstructive pulmonary disease (COPD) ma le ma'i sela), fa'ama'i o fatuga'o, ma le fa'ama'i suka.

# O ai e ono maua i Fa'ama'i le Pipisi?

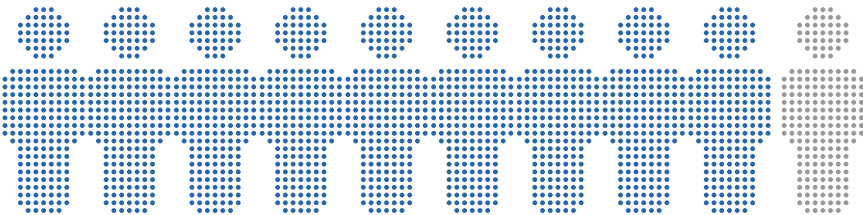
E maua pe a'afia so'o se tagata i fa'ama'i le pipisi, tusa lava po'o lea le matua ma le atunuu na fanau ai.



O tausaga uma, e 41 miliona tagata e maliliu mai fa'ama'i ole fatu, ole stroke, kanesa, fa'ama'i ole mamā, ma'i suka, faapea ma'i ole mafaufau. E sili atu ile 70% tagata maliliu ile lalolagi atoa (WHO report, 2020)

I Ausetalia lava, o faama'i le pipisi le mafua'aga ole maliliu o tagata e 9 mai le 10 tagata ile 2015 (ABS, 2017)

**90%**



# O le a lau mea e fai e fo'ia ai le maua i fa'ama'i le pipisi?

## 1. Filifili Taumafa ma Mea Inu Maloloina

- E tāua tele le paleni o taumafa e iai fuala'au aina, fuala'au mata, fatu o la'au, a'ano gase, ma mea'ai maulalo le ga'o e gaosi mai le susu, i soo se auga tupulaga. (Australian Dietary Guidelines)
- Taumafai e fa'a'itiitia le suau'u ma le masima e fa'aaogā, ile kukaina o mea'ai.
- Fa'a'itiitia le taumafa i mea'ai ua uma ona kuka (takeaway).
- Taumafa ipu vai e 8 (2 lita) i le aso.
- Afai e sili lou mamafa nai lo lou mamafa talafeagai, e mafai ona e fo'ia pe faatuai ona e maua ile ma'i suka, peā e fa'a'itiitia ile 5% ile 7% lou mamafa. (The Lancet Diabetes & Endocrinology, 2015)



## 2. Fa'agaioioi lou tino

- Mo tagata matutua, taumafai ia maua se **30 minute** e fai ai sau fa'amalosi tino feololo (moderate physical activity) e iai le savali televave, fai togala'au poo le vili ole uila vilivae, mo le 5 aso ole vaiaso, pe sili atu. (Australia's Physical Activity and Sedentary Guidelines for Adults)
- O le faia o sau fa'amalosi tino, e sili atu nai lo le leai se mea. Fa'ata'ita'i le siva, 'a'au, yoga, martial arts, Zumba, Taichi, savali, tamo'e, badminton, soka, ia ma isi gaioioiga ete fiafia iai.



## 3. Taofi le Taumafa Tapa'a

- O le taofi ole taumafa tapa'a (poo le aua le amataina), o le a fa'aitiitia ai fa'afitauli tau soifua maloloina, e pei o ma'i ole fatu, kanesa, ma'i suka, ma ma'i ole mamā, fa'apea ma le maliu fa'afuase'i, tusa lava pe ua leva ona ulaula. (Centers for Disease Control and Prevention, 2020)
- Fai le la'asaga muamua, ma vili le Quitline ile numera 137848, pe vili le TIS 131450 pe a mana'omia sau fa'aliliu'upu.



#### 4. Aua le so'ona taumafa 'ava malosi

- O le so'ona taumafa 'ava malosi mo se taimi umi lava, e mafua ai ona maua ile toto maualuga, ituaiga kanesa eseese, ma'i ole fatu, ole stroke poo le pē ole itutino, faapea ma ma'i o le ate. (Centers for Disease Control and Prevention, 2020)
- E fa'aitiitia lou afaina i nei ma'i, peā aua ne'i sili atu ile 2 ipu fua fa'apitoa (standard drink) ile aso, faapea ma le vāvā o aso e taumafa ai le 'ava.



## 5. Ia lava lau moe

- O le lē lava ole moe, ua feso'ota'i lea ma le tuputupu a'e, faapea ma le lē puleaina lelei lea ole ma'i suka, fa'ama'i ole fatu, ova le mamafa ole tino, ma le atuatuvaale. (Centers for Disease Control and Prevention, 2020).
- E tatau ona maua le 7 itulā ole moe pe sili atu i aso uma, ma tausisi e moe ma ala i taimi e masani ai.
- O nisi nei o auala e fesoasoani e maua ai sau moe lelei:
  - Fa'alogologo i musika malie,
  - Faitau sau tusi,
  - Paganoa ete mafaufau loloto ai (meditate) ma manava lelei (deep breathing),
  - Ia maua sou moega, faamalū, ma sou aluga lelei,
  - Fa'aitiitia lou taumafa kofe poo le ti ile fa'ai'uga ole aso
  - Fa'aitiitia lou matamata poo le va'ai ile TV, o lau smart phone, iPad ma isi masini tai tutusa.





## 6. Fa'aitiitia le Atuatuvale (Stress)

- O le atuatuvale e fa'ateleina ai le ono maua ile ma'i suka, aemaise tagata e ova le mamafa ole tino, auā ole atuatuvale ole mafau fau na te suia le fa'aaogāina ole inisulini e le tino. (Salleh M. R., 2008)
- O le atuatuvale, e auala mai ai le amata ona to'a le ga'o i totonu o alatoto aga'i mai le fatu (atherosclerosis), aemaise pe a tu'ufa'atasia ma le tausami mea'ai ga'oa ma le lē gaoioli ole tino. (Salleh M. R., 2008)
- O nisi o gaoioiga e mafai ona e faia i aso uma e fa'aitiitia ai le atuatuvale e aofia ai le fa'amalositino (alu se savaliga, a'au, etc.), tafaoga ma aiga ma uo, faitau sau tusi ete fiafia iai, fai sou taimi paganoa ete mafau fau loloto ai (meditate), pe ete talanoa i se health professional.

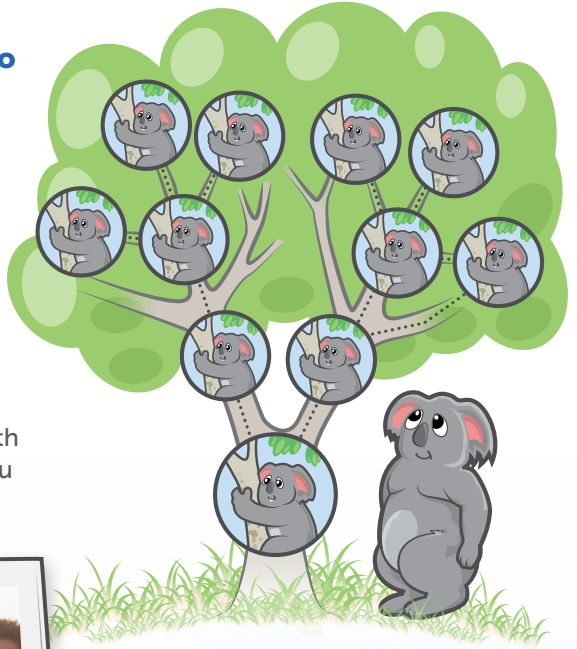


E mafai  
ona ou faia,  
faapenā  
fo'i oe

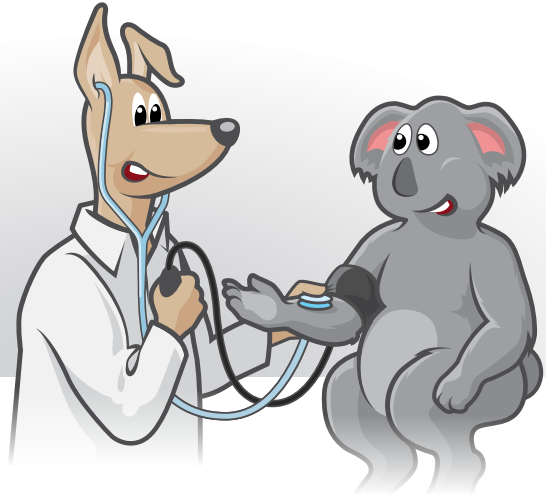


## 7. Ia e silafia le tala fa'asolopito a le tou aiga

- A iai se tala fa'asolopito ile tou aiga o se faama'i le pipisi, e pei ole kanesa, ma'i ole fatu, ma'i suka, poo ma'i o ponaivi, o le a masalomia fo'i le tupu ia te oe o lea ma'i. (Centers for Disease Control and Prevention, 2020).
- Fa'asoa atu le tala fa'asolopito o lou soifua maloloina i lau foma'i poo le tagata o loo va'aia oe (health care worker), ina ia mafai ona latou fesoasoani ia oe e fo'ia nei tulaga.



Lelei tele,  
fa'aauau pea



## 8. Fai ma siaki lou soifua maloloina

- Mo le fo'ia o nei fa'ama'i le pipisi pe vave maua fo'i, ia fai au asiasiga ma siaki masani i lau foma'i e puipuia ai oe (e pei ole siaki mo le kanesa, siaki mo le ma'i suka, ma isi.);
- Resitara lou suafa ile polokalame o puipuiaga mai fa'ama'i le pipisi e pei ole My Health for Life, lea o loo faia mo tagata Kuiselani uma o loo agava'a iai, e le Healthier Queensland Alliance. Fa'afesoota'i le ECCQ Chronic Disease Program pe a e fia 'auai i lenei polokalame i lau lava gagana poo le Fa'aPeretania faigofie. O lenei polokalame e faia ai se siaki mo fa'ama'i le pipisi, soso'o mai ai ma mafutaga fa'alea'oa'oga faifai pea tau fa'ama'i le pipisi, e fesoasoani e fa'aitiitia ma puipui oe mai fa'ama'i le pipisi.



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**Disclaimer:** O lenei pepa ua fa’asalalauina lea ele Ethnic Communities Council of Queensland Chronic Disease Program ua na’o se fesoasoani i fa’amatalaga i nei mataupu. Matou te taumafai ia tonu ma sa’o fa’amatalaga uma, ae ole a le suia ai se fautuaga mai le foma’i. Fa’amolemole fa’afesoota’i lau foma’i poo lau health professional mo fautuaga e fa’atatau ia te oe.